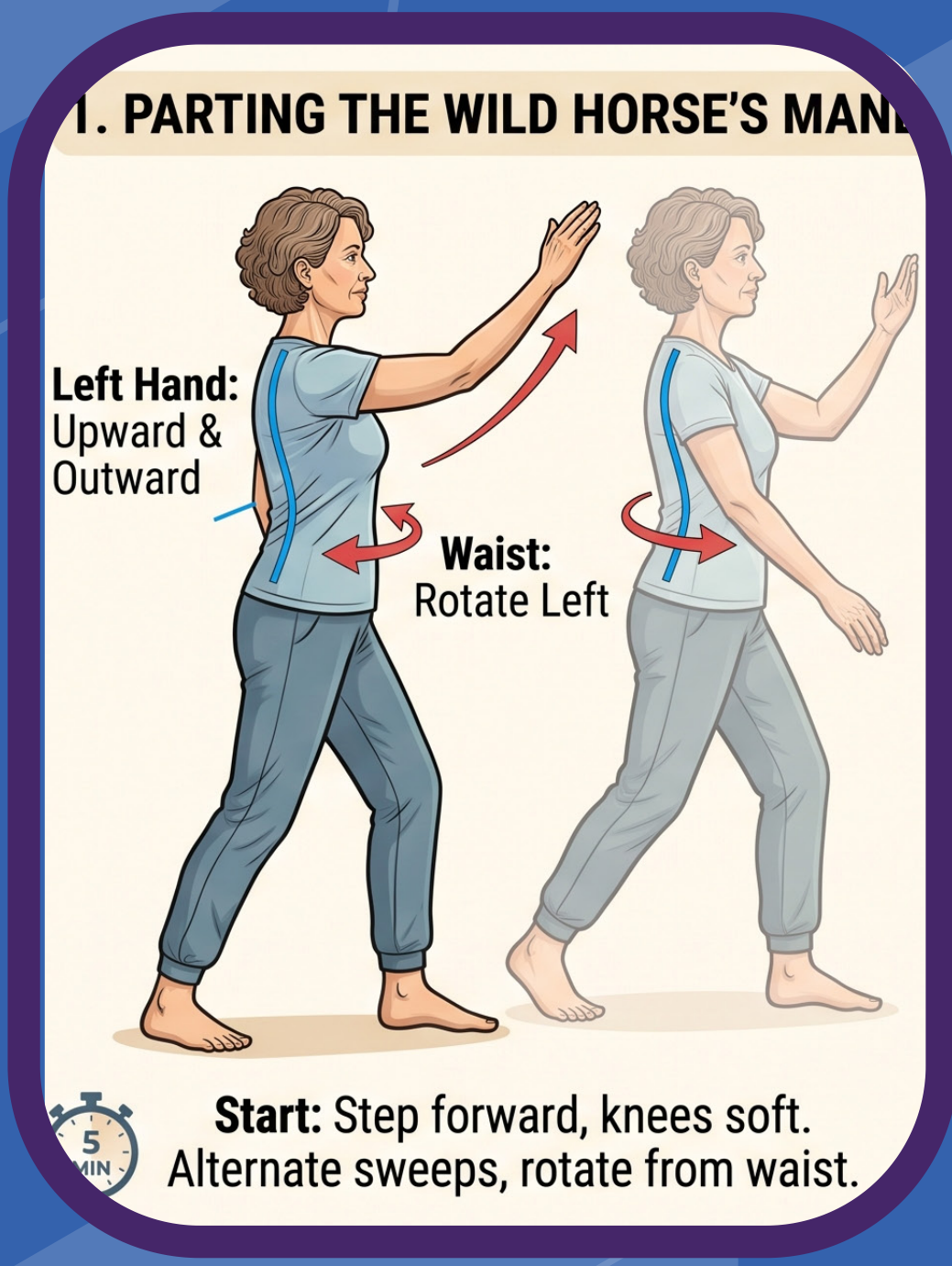


# TAI CHI FOR FLEXIBILITY

## 1 Parting the Wild Horse's Mane

Step forward gently with your left foot. Sweep your left hand upward and outward as if stroke-testing the air, while your right hand presses down near your hip.

Shift your weight smoothly back and forth between your feet as you alternate hands



## 2 Repulsing the Monkey

Stand with feet hip-width apart.

Reach one hand straight forward while the other circles backward past your ear.

As the back hand moves forward, gently step backward, shifting your weight entirely onto the rear leg.



## 3 Waving Hands Like Clouds

Stand in a wide, relaxed stance.

Slowly float your right hand up to eye level and your left hand down to waist level.

Smoothly rotate your torso to the right, letting your arms follow.

Switch the hand positions and glide gracefully to the left.

